



### **Monday**

5:45am-6:30am Heated Pilates, Grace (Z)  
12:05pm-12:55pm Flow & Mobility, Hannah (Z)  
1:15pm-2:00pm Pilates, Hannah (Z)  
4:15pm-5:00pm Loft Bounce, Grace\* (Z)  
5:30pm-6:20pm Loft Barre, Rainie

### **Tuesday**

5:45am-6:35am Hot Flow & Mobility, Hannah (Z)  
12:05pm-12:55pm Loft Barre, Hannah (Z)  
4:15pm-5:00pm Pilates, Hannah (Z)  
5:30pm-6:30pm Flow & Mobility, Hannah (Z)

### **Wednesday**

5:45am-6:35am Heated Morning Movement, Gina  
12:05pm -12:55pm Flow & Mobility, Hannah (Z)  
1:15pm-2:00pm Loft Bounce, Hannah\*(Z)  
5:30pm-6:20pm Loft Barre, Hannah (Z)

### **Prices**

Drop In \$25.00  
10 Class Pack \$160.00 (Good for 1 year)  
12 Month Membership \$99.00 per month  
Student Drop In \$18.00  
Student Membership per Semester \$165.00  
One-Time Full Year Membership \$1,088 (\$100 Savings)  
One Week Try-Me Plan \$125 (1 time purchase)

### **Thursday**

5:45am-6:35am Hot Flow & Mobility, Hannah (Z)  
12:05pm-12:55pm Loft Barre, Hannah (Z)  
4:15pm-5:00pm Pilates, Morgan  
5:30pm-6:30pm Slow Flow, Mo

### **Friday**

5:45am-6:30am Heated Pilates, Rotation  
11:00am-11:45am Loft Bounce, Hannah\*(Z)  
12:05pm-12:55pm Loft Barre, Rainie  
1:15pm-2:05pm Restorative Flow, Dr. Janna

### **Saturday**

8:00am-9:00am Flow & Mobility, Hannah (Z)  
9:30am-10:20am Loft Barre, Rotation  
2:00pm-3:00pm Prenatal Yoga, Jenny

### **Sunday**

9:00am-9:50am Loft Barre, Rotation  
10:00am-10:55am Downdogs & Draughts held at Ten Mile Creek Brewery - \$15 for yoga and a drink ticket, Hannah  
12:00pm-12:45pm Loft Bounce, Grace\*(Z)  
3:00pm-4:00pm Sunday Yoga, Tyler

**(Z) - Classes also offered through Zoom**

**\*Please email, text, or message to reserve a spot for the Loft Bounce classes.**

740 Front Street, Unit 2B  
www.loftstudiomt.com  
loftyogahelena@gmail.com